

EDUCATION OF MENTAL RESILIENCE IN SURAH YUSUF

(Study of Al-Azhar Interpretation)

LESSON YEAR 2018/2019



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FACULTY OF ISLAMIC STUDIES
MUHAMMADIYAH SURAKARTA UNIVERSITY
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BOARD OF DIRECTORS NOTES

Surakarta, 8 August 2019

To Honourable,
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Muhammadiyah Surakarta University
In
Surakarta

Assalamu 'alaikum wr. wb.

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(Study of Al-Azhar Interpretation)
Lesson Year 2018/2019**

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Surakarta, 2 August 2019

Best Regards,



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MOTTO

لَقَدْ كَانَ فِي قَصَصِهِمْ عِبْرَةٌ لِأُولِي الْأَلْبَابِ ۚ مَا كَانَ حَدِيثًا يُفْتَرَىٰ وَلَكِنْ تَصْدِيقَ الَّذِي بَيْنَ يَدَيْهِ
وَتَفْصِيلَ كُلِّ شَيْءٍ وَهُدًى وَرَحْمَةً لِّقَوْمٍ يُؤْمِنُونَ

"Really, on stories they that there is teaching for people who have sense. (Al-Qur'an) this not made-up story, but justify (the books) that previously, explained all something, and (as) instructions and grace for believers."

(QS. Yusuf [12]: 111)¹

فَاللَّهُمَّهَا فُجُورَهَا وَتَقْوَاهَا ۚ قَدْ أَفْلَحَ مَنْ زَكَّاهَا ۚ وَقَدْ خَابَ مَنْ دَسَّاهَا

"[8] So Allah inspired the soul (path) of wickedness and piety. [9] Surely lucky is the person who purifies the soul. [10] And actually it is the person who pollutes".it

(QS. Asy-Syams [91]: 8-10)²

¹ Departemen Agama Republik Indonesia, *Al-Qur'an dan Terjemahnya*, (Bandung: PT. Sygma Examedia Arkaleema, 2009), 248.

² Departemen Agama Republik Indonesia, *Al-Qur'an dan Terjemahnya*, (Bandung: PT. Sygma Examedia Arkaleema, 2009), 595.

OFFERING

With blessings thanks to the blessings, blessings of Allah SWT. Then for the best figure of the Prophet Muhammad because the author can complete this duty. So, this paper presented by author for:

- ❖ My beloved father and mother, Mr. Abdul Majid and Mrs. Sumidah who never stop giving wishes and love.
- ❖ The big family of Mbah Karnadi and Sularsih *Allahu Yarhamuhuma* because always providing support and motivation to the author, especially my beloved sister Kuntum Zahro Wardati.
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- ❖ Whole sisters in *Islamic halaqah*, for all candidate mother of the muslim fighter who cares and preparing education to the next Islamic generation.
- ❖ All lecturers and staff of the Muhammadiyah University Islamic Education Program who have shared knowledge, insight, and experience .
- ❖ My almamater, Muhammadiyah University Surakarta.

ARAB-LATIN TRANSLITERATION GUIDELINES

Based on the Joint Decree of the Minister of Religion of the Republic of Indonesia and the Minister of Education and Culture of the Republic of Indonesia Number 158/1987 and 0543b / U / 1987, January 22, 1988.

1. Single consonant

Alphabet Arab	Name	Latin letters	Information
ا	Alif	Not symbolized	Not symbolized
ب	ba '	B	Be
ت	ta '	T	Te
ث	sa '	ṡ	Ice (with the above point)
ج	Jim	J	Je
ح	Ha'	ḥ	Ha (with point below)
خ	kha '	Kh	Sometimes Ha
د	Dal	D	De
ذ	.Al	Ẓ	Zet (with point above)
ر	ra '	R	Er
ز	Zai	Z	Zet
س	Sin	S	Ice
ش	Shin	Sy	Esdan Yes
ص	ṣād	ṣ	Ice (with point below)
ض	ḍaḍ	ḍ	De (with point below)
ط	ṭa '	ṭ	Te (with point below)
ظ	ẓa '	ẓ	Zet (with point below)
ع	'ain	'	Coma upside down to on
غ	Gain	G	Ge
ف	fa '	F	EF
ق	Qaf	Q	Qi
ك	Kaf	K	Ka

ل	Lam	L	El
م	Mim	M	Em
ن	Nun	N	En '
هـ	Ha'	H	Ha
ء	Hamzah	`	Apostrophe
ي	yes'	Y	Yes

2. Duplicate consonant because syaddah is written duplicate

عَدَّة	Written	'iddah
--------	---------	--------

3. Ta 'marbūtah

a. In the end of verse written

هبة	Written	Grant
جزية	Written	Jizyah

(This provision is not applied to Arabic words that have been absorbed into the Indonesian language, such as prayer, zakat, etc., except if the original pronunciation is desired).

When followed with the article "al" as well reading second that separate, then written with "h".

كرامة الأولياء	Written	karāmah al-auliya'
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b. When ta 'marbūtah life or with vowel fathah, kasrah, and dammah is written "t"

زكاة الفطر	Written	zakātulfiṭri
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4. Short Vowels

◌َ	kasrah	Written	I
◌ِ	fatḥah	Written	A
◌ُ	ḍammah	Written	U

5. Long Vocal

fatḥah + alif → example: جاهلية	Written	ā → jāhiliyah
fatḥah + aliflayyinah → example: يسعى	Written	ā → yas'ā
kasrah + ya 'die → كريم	Written	ī → karīm
ḍammah + wāwumati → فروض	Written	ū → furūd

1. Vocal Capture

fatḥah + ya 'mati → example: بينكم	Written	ai → bainakum
fatḥah + wāwumati → example: قول	Written	Au → qaulun

2. Letter Regarding "ال"

The article "ال" Transliterated with "al" followed by a hyphen " - ", both when meeting qamariyyah and syamsiyyah letters; example:

القلم	Written	al-qalamu
الشمس	Written	al-syamsu

3. Alphabet Capital

Although Arabic script is not know alphabet capital, but in transliteration capital letters are used for early sentence, name self, and so as EYD provisions. The beginning of the article on name self not written with alphabet capital;

وما محمد الا رسول	Written	Wamā Muḥammadun illā apostle
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Abstract

Moral decadence which is life today is the main task in the education world. One of the reasons is the weakness of the individual mental condition, so every faces a problem, it always makes depression. A lot of effort has been made to solve this problem. In Islamic education, Muhammad as the bearer of the Qur'an is a prime and concrete example in living life in the world, when the main role model was depressed in life, the story of Yusuf becomes his main guide to rise again. In explaining this story, researchers used Al-Azhar Interpretation as the main interpretation because finding that Buya Hamka (author of the interpretation) discussed much of Yusuf's mentality, so this study purely used qualitative methods in the form of *library research* using a psychological approach. The results and purposes of the study were that Yusuf was proven to have all indicators of mental health (able to adapt positively in all conditions and succeed in developing self potential) because of his father's and Al-Aziz (Yusuf adoptive father) good bringing up since childhood of Yusuf until adulthood, so all the problems that Yusuf experienced were able to be resolved well. Among the education he obtained was by combining resilience and Islamic education in the form of growing *fithrah*, instilling faith and purifying the soul. From this process, researchers draw the concept of actualization to be applied in the education world today which has been explained in the data analysis chapter in the last section. The hope is the concept of education in the story of Yusuf is able to be more easily implemented by current education practitioners, especially families as the main and the first educator.

Keywords: Education, mentallity, resilience.

FOREWORD

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

من سيمات أعمالنا من يهد الله فلا من يهد الله فلا مضلاله و من يضلله و من يضلله فلا هادي له. أشهد أن لا إله إلا الله و أشهد أن محمدا عبده ورسوله. أما بعد.

All praise is only worthy of Allah 'Azza Wa Jalla, for every abundance of favors, blessings and protection so that the writer can complete this thesis. Salutation and regards always blessed on Rasulullah the example perfect, human noble who has been sacrifice all for safety his community.

This thesis talks about mental education in Surah Yusuf based on Al-Azhar Interpretation. The author's efforts in this thesis have been as much as possible, however in writing this thesis is still not perfect. Therefore, criticism and constructive suggestions are highly expected by the author. It is well realized that in this writing, the author gets a lot of new knowledge that the author has not known before. The author also gets a lot of guidance for guidance in facing difficulties in this writing. So, with the accompaniment of good prayer, the author would like to thank:

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6. Various parties who have helped in the process of writing this thesis that the author cannot mention one by one.

May the good that is given be invaluable in worship and count as a unlimited charity. The author realizes that in writing this thesis is far from perfection. Therefore, the author expects constructive criticism and suggestions. Hopefully, this thesis can give beneficients for future generations. Aāmīn Yā Rabbal 'ālamīn.

Surakarta, 2 August 2019

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